

SWANSEA DRUG NOTES NO 6 DRUG SAFETY

STAYING ALIVE

- All drugs – including alcohol – can have unintended consequences.
- Different substances will cause different effects and different side effects.
- Never take anything if you do not know what it is – and what dose it is.
- Don't believe everything that dealers tell you.
- Never give anything to anyone without his or her knowledge.

Some general rules.

- Learn about your health and the facts about substances.
- Learn some simple first aid.
- Make sure that you eat and sleep – especially if you want to party hard.
- Beware of dehydration - replace fluids you may lose in dancing etc.
- Mixing drink or drugs is more dangerous than taking either separately.
- Most substances make people less inhibited and more likely to take risks.
- Most substances affect people's ability to make judgements. Many accidents occur because people's judgement is impaired.

Drinking

- Try to have something to eat.
- Take long drinks slowly rather than shorts quickly. Space your drinks.
- Know what the safe units are – beyond these levels the body will be caused harm.
- Drink water and fruit juice alternatively with alcoholic drinks.
- Give yourself rest, food, and time to recover.

Driving

- Never drive if you have taken something.
- Never travel in a car with a driver who has taken anything.
- Never believe the idiots who say they drive more safely when they have taken something.

Street Fighting

- Most violent crime is linked to alcohol
- Remember every mood is stronger when you're drunk.
- You will be stronger, badder, madder, sadder.
- WALK AWAY.

SEX

When people are partying, substances can often lead you into risk you might not otherwise have taken. HIV is still an issue.

- Always use a condom.

HOW TO HELP IN AN EMERGENCY

Sometimes people will feel unwell when they have taken something.

1. If you are unwell tell someone.
Even if you have taken something illegal – tell someone. Don't just go in a corner and hope it will go away. All adults have a right to confidential medical care. If you are under 16 your parents may be told.
2. If you are with someone who says they feel unwell do try to help them.
 - If they are conscious
Try to find out what they have taken and what they are feeling.

If the person is anxious try to change the mood by changing the setting.

Keep clothing loose, find fresh air, and find somewhere to sit quietly.

Use reassurance, distraction and help them to breathe.

Put them in the recovery position.

- If they are unconscious
Check airways – is mouth clear?
Check breathing – if not give mouth to mouth.
Check circulation – if no pulse give heart massage.
- Always get help and never fail to call an ambulance if in any doubt.

3. If you do not know how to help or if you are unable to help then get someone else involved. All clubs will have a member of staff with first aid experience.

THE PROBLEM WITH HEROIN

Heroin is now more available in Swansea. It kills more people than any other illegal drug.

Never use on your own.

Always take a test dose.

Never use more than you need to or are used to.

If you have not used for a few days your tolerance will have decreased and you will need less than before.

Never mix drugs – especially opiates (drugs like heroin) with downers (alcohol, Valium etc.).

If someone starts to 'nod off' do not assume they will be alright when they wake up in the morning.

The longer it is left the more serious it is likely to be.

Always call an ambulance.

INJECTING

Injecting carries risks.

Injecting may cause thrombosis, septicaemia, and abscesses.

Risks also include viral infections such as Hepatitis C, B and HIV if syringes or other equipment is shared.

- Always use your own equipment. Clean syringes and needles every time.
- Never share spoons, water.
- Wash your hands before you inject.
- Do not leave equipment on tables where other people have left their equipment.
- Use a sterile surface every time.
- Dispose of used equipment at the local Needle Exchange Scheme.

Swansea Drugs Notes

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